What is claimed is:

- 1. A method of regenerating a pressing mold comprising removal of a carbon-based film from a pressing mold having the film on a molding surface thereof, characterized in that the removal of the film is performed by etching with plasma of a hydrogen-based gas or treatment with UV ozone.
- 2. The method of claim 1, wherein the hydrogen-based gas is hydrogen gas or a mixed gas of hydrogen gas and argon gas.
- 3. The method of claim 1, wherein the pressing mold having the carbon-based film on the molding surface thereof is heated to higher than or equal to 100°C and less than or equal to 600°C during the UV ozone treatment.
- 4. The method of claim 1, wherein the molding surface is cleansed with an acid solution or an alkali solution prior to conducting plasma etching or UV ozone treatment.
- 5. The method of claim 1, wherein the method further comprises a step of forming a carbon-based film on the molding surface from which the film has been removed.
- 6. The method of claim 1, wherein the film of the pressing mold that will be subjected to the etching or UV ozone treatment is a deteriorated film.
- 7. A method of manufacturing an optical glass element comprising press molding of a heat-softened glass material in a pressing mold having a carbon-based film on a molding surface thereof, characterized in that the pressing mold is that has been regenerated by removing a carbon-based film on the pressing mold having the film on the molding surface thereof by hydrogen gas plasma etching or UV ozone treatment, after which a carbon-based film has been formed on the molding surfaces from which the film has been removed.
- 8. The method of claim 7, wherein the carbon-based film of the pressing mold that will be subjected to etching or UV ozone treatment is a deteriorated film.